Foundations 1E Chapter 05 Test Answers

Title: Chapter 5 Test

Topic: L5.1LO1: Compare and contrast the nutritional needs of people across the lifespan.

1. Which of the following is a greater risk for young children than for infants?

a. food allergies

\*b. low calcium intake

c. choking

d. digestive issues

Title: Chapter 5 Test

Topic: L5.1LO2: Identify strategies that encourage children to eat healthy.

2. Which is an example of negotiating for healthy food choices?

a. doing online research on various restaurant options

\*b. playing rock, paper, scissors with friends to decide which restaurant to eat at

c. practicing saying no to food options you don’t want

d. using nonverbal communication to signal your objections to certain foods

Title: Chapter 5 Test

Topic: L5.1LO3: Explain why calcium is important during the teen years.

3. Why is it important for teens to get enough calcium?

\*a. Bones start to become weaker after age 30.

b. Muscles need more oxygen during the teen years.

c. Teens lose more calcium during exercise than adults.

d. The number of red blood cells decreases with age.

Title: Chapter 5 Test

Topic: L5.1LO3: Explain why calcium is important during the teen years.

4. If Junetta doesn’t get enough calcium as a teenager, which condition would she be at risk for later in her life?

a. arthritis

b. cancer

c. diabetes

\*d. osteoporosis

Title: Chapter 5 Test

Topic: L5.1LO3: Explain why calcium is important during the teen years.

5. Kenneth wants to increase his calcium intake for each meal of the day. Which combination of two foods is highest in calcium?

a. canned salmon and apricots

b. dark chocolate and raisins

\*c. fortified cereal and almond milk

d. ham and collard greens

Type: E

Title: Chapter 5 Test

Topic: L5.1LO4: Use communication skills to make healthy nutrition decisions.

6. What are three examples of how you can ask for help with nutrition decisions at a restaurant?

a. Answers might include the following:

-Ask for a substitution, such as whole wheat bread on a sandwich instead of white bread.

-Ask for more nutrition information about the foods on the menu.

-Ask for another opinion about a healthy choice when choosing between foods on the menu.

Type: MR

Title: Chapter 5 Test

Topic: L5.2LO5: Explain influences on food insecurity.

7. Which of the following can influence food insecurity for teenagers? **Select all that apply.**

\*a. living several miles away from a large grocery store with fresh produce

b. worrying about whether foods are packaged properly

\*c. lacking enough money to buy lunch at school

\*d. having to rely on friends or neighbors for transportation to get food supplies

Title: Chapter 5 Test

Topic: L5.2LO5: Explain influences on food insecurity.

8. Which is the best description of what food insecurity is?

a. being anxious about how much food to eat

b. eating most of your meals away from home

\*c. not having access to enough healthy foods

d. not knowing what kinds of foods are healthy

Title: Chapter 5 Test

Topic: L5.2LO5: Explain influences on food insecurity.

9. Dasia’s family lives five miles (8 km) from the nearest grocery store, and her family doesn’t have a reliable car. They get most of their food from the convenience store at the gas station a few blocks from their apartment, but it doesn’t have many options for fresh fruits or vegetables. In fact, the shelves are empty much of the time. Dasia’s family experiences food insecurity.

\*a. true

b. false

Title: Chapter 5 Test

Topic: L5.2LO6: Describe the food chain and identify ways that foods become contaminated.

10. Contamination from lack of refrigeration occurs most often in which step of the food chain?

a. production

b. processing

\*c. distribution

d. preparation

Title: Chapter 5 Test

Topic: L5.2LO6: Describe the food chain and identify ways that foods become contaminated.

11. Foods can become contaminated with pathogens at any point of the food chain EXCEPT home preparation.

a. true

\*b. false

Title: Chapter 5 Test

Topic: L5.2LO7: Explain the four steps to food safety.

12. If foods that require refrigeration are left out for more than two hours they should be

\*a. immediately thrown out

b. immediately placed in the freezer

c. cooked to avoid contamination

d. kept warm on a warming plate

Type: E

Title: Chapter 5 Test

Topic: L5.2LO8: Practice advocating for food access and food safety.

13. Give an example of advocating for food access in a community.

a. Examples might include: To help people who live in a food desert, with lack of access to a grocery store with healthy food options, you could raise awareness about the problem with posts on social media and letters to local government officials. You could also write letters or send emails to grocery store chains enquiring if they would consider building a store in the area.

Type: MR

Title: Chapter 5 Test

Topic: L5.3LO9: Explain influences on body weight.

14. Jamaal’s parents were track-and-field standouts in high school. Jamaal has a slender physique and works out every day to improve his own endurance and running skills. Which two factors have the most influence on his weight?

\*a. behavior

b. culture

\*c. genetics

d. environment

Title: Chapter 5 Test

Topic: L5.3LO9: Explain influences on body weight.

15. What is an example of an environmental influence on body weight?

\*a. junk food in vending machines at school

b. overweight parents and other family members

c. lack of regular physical exercise

d. overconsumption of high-fat snacks

Title: Chapter 5 Test

Topic: L5.3LO11: Explain healthy ways to lose and gain weight.

16. Kwan wants to gain weight and become more muscular. How would you advise Kwan about the foods he should eat?

a. “Milkshakes, big burgers with cheese, pizza—those things will help you put on weight fast.”

b. “If you want your muscles to get bigger, just eat protein. Cut out carbs and sugar and eat protein, protein, protein.”

c. “You can’t get bigger muscles just by eating—you have to take supplements that help you gain weight.”

\*d. “You eat healthy, so keep eating the way you do now, but just take in more calories. You could add in healthy snacks to up your calories.”

Title: Chapter 5 Test

Topic: L5.3LO11: Explain healthy ways to lose and gain weight.

17. Jenny’s BMI put her in the overweight category, and she has been losing weight and then gaining it back for a couple of years. How is this weight cycling affecting Jenny’s body?

a. speeding up her metabolism and decreasing her body fat

\*b. slowing down her metabolism and increasing her body fat

c. helping her lose excess body fat and get to a healthy weight

d. boosting her immune system and lowering her risk for diseases

Type: E

Title: Chapter 5 Test

Topic: L5.3LO12: Explain the risks of fad diets and supplements, including anabolic steroids.

18. What are two risks of following the Paleo or keto fad diet?

a. Any two of the following answers are acceptable:

-heart disease

-kidney disease

-vitamin D and calcium deficiencies

Title: Chapter 5 Test

Topic: L5.3LO12: Explain the risks of fad diets and supplements, including anabolic steroids.

19. Manny and almost all the other players on his high school football team took an anabolic steroid because they thought it would give them an edge over other teams. What could happen to Manny and his teammates as a result of taking the steroid?

a. calcium deficiency

b. diabetes

\*c. liver damage

d. slowed metabolism

Title: Chapter 5 Test

Topic: L5.3LO13: Access valid and reliable information about weight loss supplements.

20. You search for information about a supplement you are considering taking. Two websites say that the supplement is safe and work well, and one website says it’s unsafe and can cause health problems. What would be the best thing to do next?

\*a. Find the source of the information on all three websites and decide if it’s reliable.

b. Ask a friend if they have taken the supplement and had any bad experiences.

c. Take the supplement for a while and see if it does what it’s supposed to.

d. Judge the supplement as safe, because two out of three websites recommend it.

Title: Chapter 5 Test

Topic: L5.4LO14: Explain what body image is.

21. What is the best description of body image?

a. what other people see when they look at you

b. an image of yourself that you project to other people

\*c. your thoughts and feelings about how you look

d. the size and shape of your body in photos

Type: MR

Title: Chapter 5 Test

Topic: L5.4LO15: Explain why having a positive body image is important.

22. Which of the following are benefits of a positive body image? **Select all that apply.**

\*a. improved self-confidence

b. lack of weight prejudice

c. improved athletic performance

\*d. good emotional health

Type: E

Title: Chapter 5 Test

Topic: L5.4LO15: Explain why having a positive body image is important.

23. Name three benefits of a positive body image.

a. Responses should name any three of the following:

-good emotional health

-improved self-confidence

-improved self-esteem

-healthier relationships

-healthier habits (exercise, healthy eating)

Title: Chapter 5 Test

Topic: L5.4LO16: Compare and contrast common eating disorders.

24. Skipping meals or binge eating can be a sign of serious mental illness.

\*a. true

b. false

Title: Chapter 5 Test

Topic: L5.4LO16: Compare and contrast common eating disorders.

25. The only foods Noah will eat are pizza with no toppings, hot dogs with no bun, macaroni and cheese (only the boxed kind), white bread, pancakes, vanilla ice cream, and brownies without nuts. Which eating disorder does Noah have?

a. anorexia

\*b. avoidant restrictive food intake disorder

c. bulimia

d. orthorexia

Title: Chapter 5 Test

Topic: L5.4LO16: Compare and contrast common eating disorders.

26. What do disordered eating and eating disorders have in common?

\*a. They both involve irregular eating behaviors.

b. They are both diagnosable, serious mental illnesses.

c. Both involve eating a wide range of foods.

d. Both involve avoiding certain foods.

Title: Chapter 5 Test

Topic: L5.4LO17: Describe how media, including social media, influence body image.

27. What is an example of social comparison?

a. Sonya thinks she would be happier if she had a tan like her popular friend Rena.

\*b. Brian sees photos of his favorite NBA player and feels like his own body looks bad.

c. Gabriela thinks that if she were a better player, she could make the school soccer team.

d. Raheem does 100 sit-ups every day so he can have a “six pack” like his older brother.

Title: Chapter 5 Test

Topic: L5.4LO17: Describe how media, including social media, influence body image.

28. Vaishnavi buys a hair product she can’t afford because in an interview, a singer she admires said she uses the product. This is an example of \_\_\_\_\_\_\_\_\_\_ influence on body image.

a. social

b. negative

c. family

\*d. media

Title: Chapter 5 Test

Topic: L5.4LO18: Identify five ways to improve your body image.

29. What is one way you could improve your body image?

\*a. Pay attention to how your body feels and moves, not how it looks.

b. Critique one aspect of your look in the mirror every morning before going to school.

c. Pick someone you want to look like and ask them what their workout routine is.

d. Ask your parents to point out things about your body that you could improve.

Title: Chapter 5 Test

Topic: L5.4LO18: Identify five ways to improve your body image.

30. An important key to improving your body image is to appreciate your body’s qualities that are unrelated to appearance.

\*a. true

b. false

Title: Chapter 5 Test

Topic: L5.5LO19: Describe how to keep a food log.

31. When you keep a food log, you don’t need to record little things like the mayonnaise on a sandwich or the honey you drizzled on your oatmeal.

a. true

\*b. false

Title: Chapter 5 Test

Topic: L5.5LO19: Describe how to keep a food log.

32. Which is an important rule to remember when keeping a food log?

a. Share the contents of your food log with friends.

b. Don’t include drinks or desserts as part of the food log.

\*c. Use the method for keeping a food log that works best for you.

d. Go back and change entries if it makes you feel better.

Title: Chapter 5 Test

Topic: L5.5LO20: Describe two ways to analyze your diet.

33. Cai wants to analyze her diet using a food log. Which of the following would be a good way to proceed?

a. She should keep a record in her head of the foods she eats in a five-day period and then decide how she can improve her diet

b. She should enter foods she eats into an app and then analyze her diet for total calories, fats, proteins, and carbs

c. She should list foods she eats and then use http://choosemyplate.gov to generate her own MyPlate Plan

\*d. Both b and c are good methods.

Type: E

Title: Chapter 5 Test

Topic: L5.5LO21: Practice setting SMART nutrition goals.

34. At what point should you write a SMART goal to improve your eating?

a. after you have logged your diet and looked at the results

Title: Chapter 5 Test

Topic: L5.5LO21: Practice setting SMART nutrition goals.

35. The best SMART goal is a(n) \_\_\_\_\_\_\_\_\_\_ goal.

a. easy

b. personal

\*c. realistic

d. difficult

Title: Chapter 5 Test

Topic: L5.5LO22: Follow your nutrition plan and reflect on your progress.

36. What is the best thing to do if you don’t meet a short-term goal you set for yourself?

a. Commit to trying harder to meet the goal in the future.

\*b. Make changes to your goal or your strategies.

c. Start from scratch and make a brand-new goal.

d. Read your goal out loud to yourself every morning.

Type: E

Title: Chapter 5 Test

Topic: L5.5LO23: Demonstrate how to ask for help with meeting your nutrition goals.

37. What are the three steps to use in asking for support in meeting nutrition goals?

a. Any of the following answers are acceptable.

-Explain what you’re trying to do and why it is important to you.

-Identify the situations when you need the most support.

-Explain the type of support you need.

Title: Chapter 5 Test

Topic: L5.5LO23: Demonstrate how to ask for help with meeting your nutrition goals.

38. Which is an example of getting support from other people to meet a personal nutrition goal?

\*a. asking your parent or caregiver to buy oatmeal instead of a highly processed breakfast cereal when you are trying to eat more whole grains

b. choosing to not get soda from the high school vending machine even though your friends are buying it

c. telling your family that they should be eating more vegetables and less meat if they want to be healthy

d. researching and writing a report about ways to eat more healthfully and posting it on your blog